



I Need another hand! Above Eva balances her burger and corn as the music of entertainer Brent Meidinger plays in the background during our BBQ

Don't miss out!

Deliciously Autumn Market Bazaar

**Saturday, October 2nd
10:00 am – 2:00 pm**
Visit our outdoor market featuring local vendors and baked goods, including our famous meat pies. In celebration of International Day of Older Persons, our team will be sharing tips on essential oils for healthy aging.

VIVA Values Seniors' Mental Health Series: Why Movement is the Best Medicine

**Tuesday, October 19th
11:00 am – 12:00 pm**
Live on Zoom with Sandra Sheffield-Young, registered Kinesiologist, Gerontologist, STEPS Exercise founder and VIVAfit creator to learn why movement is medicine. RSVP with Donna at ext 413.

Check with Lifestyles for details on these and other events, programs, and activities happening this month.

Copyright VIVA Retirement Communities Corporation 2021



No Horsing around! Everyone was on their best behaviour when we received a visit from the Hamilton Police Mounted Patrol.



This Lighthouse craft was a total hit!



Pam from Ten West Photography was able to capture the magic in a smile at our photoshoot.



Upcoming Virtual Events

A monthly series to help us feel better together!

Please join us as we continue to increase awareness around mental health as an important issue for older adults, provide seniors and loved ones with relevant education and resources, and raise funds for local organizations supporting seniors' mental health.



Guest Speaker
Sandra Sheffield-Young,
Registered Kinesiologist
& Gerontologist

Why Movement is the Best Medicine

TUESDAY, OCTOBER 19TH | 11:00 AM

Please join Sandra Sheffield-Young, registered Kinesiologist, Gerontologist, STEPS Exercise founder and V!VAfit creator to learn why movement is medicine. Understand the benefits of movement, the moves you should make, and what your personal Movement Prescription could look like.

To register, go to www.vivalife.ca/mentalhealth or call Donna at (905) 304-1968 or email meadowlands@vivalife.ca



Walking the line between autumn and winter, Halloween is a time of celebration, costumes, superstition and candy! Do you know how it all began?

History of Halloween

Halloween is thought to have originated with during "Samhain" (pronounced sow-in), when druids would commit pagan ritual sacrifice in the hope of warding off evil spirits. The festival marked the end of summer and the beginning of winter. It was believed the spirits of the dead returned on this eve to play tricks on the living. By 800 A.D., Christianity spread to the Celtic Territories and brought with it another holiday, "All Saints Day," a similar but holier holiday meant to honour saints and martyrs. Later on, All Saints Day was renamed "All Hallows" and thus the day of Samhain (October 31st) began to be called "All Hallows Eve," – and eventually shortened to "Halloween." Over time, Halloween evolved into a community-based event characterized by child-friendly activities. In a number of countries around the world, people continued to usher in the winter season with gatherings, costumes and sweet treats. The first celebrations included "play parties," public events held to celebrate the harvest, where neighbours would share stories, tell each other's fortunes, dance and sing. Colonial Halloween festivities also featured the telling of ghost stories and mischief-making. By the middle of the nineteenth century, annual autumn festivities were common, but Halloween was not celebrated everywhere.

In the 1950s, due to the high numbers of young children during the baby boom, parties moved from town civic centres into the classroom or home, where they could be more easily accommodated. Giving out candy became popular, as it was a

relatively inexpensive way for an entire community to share the Halloween celebration. A tradition was born!


Speaking of Traditions...

You now know when these traditions began, but do you know why? The Halloween tradition of "trick-or-treating" dates back to the early All Souls' Day parades in England. During these festivities, poor citizens would beg for food and families would give them pastries called "soul cakes" in return for their promise to pray for the family. Dressing up in costume dates back hundreds of years ago, when winter was an uncertain and frightening time. Food supplies often ran low and, for the many people afraid of the dark, the short days of winter were full of constant worry. On Halloween, when it was believed that ghosts came back to the earthly world, people thought that they would encounter ghosts if they left their homes. To avoid being recognized by these ghosts, people would wear masks when they left their homes after dark so that the ghosts would mistake them for fellow spirits. To keep ghosts away from their houses, people would place bowls of food outside their homes to appease the ghosts and prevent them from attempting to enter. Some Halloween traditions, such as carving Jack-o'-lanterns, are based on Irish folklore and have been carried on throughout the centuries. In Ireland and Scotland, people began to make their own versions of Jack-o'-lanterns by carving scary faces into turnips or potatoes and placing them into windows or near doors to frighten away wandering evil spirits!

Over the years, Halloween has transitioned from a pagan ritual to a fun day of candy and costumes. Family traditions have been established with pumpkin carving, trick-or-treating, and parties. How are you going to celebrate?

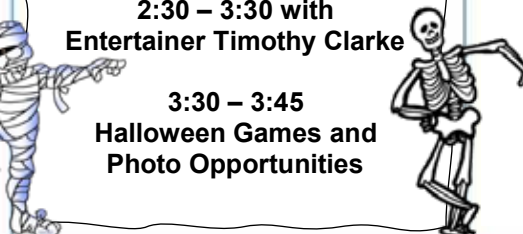
Happy Halloween!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>LEGEND</p> <p>Orange Fitness Class</p> <p>Purple Special Event</p> <p>Green Excursion</p> <p>✓ Sign Up</p> <p>🚐 Shuttle</p> <p>💰 Cost required</p> <p>▶▶ Walking</p>	<p>East Wing</p> <p>(VS) V!VAfit Studio (PP) Pints! Pub (CK) V!VAcraft Kitchen (CC) Community Commons (VP) V!VAplex</p> <p>West Wing</p> <p>(PC) Perks! Café (L) Lobby (E) Entrance (HR) Horticultural Room (BG) Brain Gym (ML) Meadow Lounge (P) Pool (VL) V!VALinks Golf Simulator</p>		<p>OUTDOOR Fall Market October 2nd 10:00 am – 2:00 pm</p> <p>Join a variety of vendors along with the Meadowlands Bake Table and Craft Tables!</p> <p>Location: West Wing Parking Lot</p>		<p>1 World Smile Day</p> <p>9:15 V!VAfit 1:1 training (VS) 10:00 V!VAfit COMBO (ML) Max 18 10:30 V!VAfit COMBO Channel 398 2:00 Clearing out the Gardens (HR) 3:15 Spelling Bee (CK)</p>	<p>2 Fall Market</p> <p>10:00 V!VAfit Sit – Channel 398 10:00 OUTDOOR FALL MARKET - Vendors located in West Wing Parking Lot Join us for some Fall Fun 10:30 V!VAfit Wheel of Fitness – Channel 398 2:30 Friendly Visits with Jess 7:00 Saturday Night Movies (VP)</p>
<p>3</p> <p>9:30 Catholic Mass Channel 398 10:00 Marshall Memorial Service Channel 398 10:15 Hymn Sing with Martin (ML) 2:00 Jeopardy (ML) 7:00 Sunday evening Movies (VP)</p>	<p>4</p> <p>9:15 V!VAfit 1:1 training (VS) 10:00 V!VAfit Sit & Stand (ML) 10:30 V!VAfit Sit & Stand – Channel 398 2:00 BINGO (ML) 3:15 Senior Games (VP) Athletes demonstrate the 7 Dimensions of Wellness 3:15 Knit & Stitch (HR) 7:00 Grand Ole Opry: Stars of the 50s on Channel 398</p>	<p>5</p> <p>World Teacher Day</p> <p>9:45 Relaxing Yoga with Tricia– Channel 398 10:00 V!VAfit SwimFUN Class(P) 10:30 St. Ann’s Parish Communion Service (VP) 2:00 Craft : Thankful Trees (CK) 2:30 Education Series – Osteoporosis (VP) 3:00 Happy Hour (PP) \$ 3:15 Bocce (ML) 7:00 Biography – Ava Gardner Channel 398</p>	<p>6</p> <p>10:00 Laughter Yoga with Kathryn (ML) 10:00 Walker and Wheelchair Repair (10-12) (L) 10:30 V!VAfit Wheel of Fitness – Channel 398 1:45 Outing – Dollarama / Rexall & /CIBC / Food Basics 2:15 ✓ 🚐 \$ ▶▶ 2:00 Mini Series: The Crown (VP) 2:15 Games with Lifestyles (PP) 3:00 Colour my World (CK) 7:00 Wild Arabia: Hidden Deep in the Desert - Channel 398</p>	<p>7</p> <p>9:15 V!VAfit 1:1 training (VS) 10:30 V!VAfit Sit – Channel 398 1:15 Fall Colours Tour ✓ 🚐 2:00 Bingo (ML) 3:00 Fall Colours Tour ✓ 🚐 3:15 Better Balance Circuit 1:1 (VS) ✓ 3:15 Travel Log – Czech Republic - Channel 398 7:00 Euchre with Emily (PP)</p>	<p>8</p> <p>9:15 V!VAfit 1:1 training (VS) 10:00 V!VAfit COMBO (ML) Max 18 10:30 V!VAfit COMBO Channel 398 11:30 Annual Year End Pork Roast BBQ with Entertainer Derek Bryne till 1:30 2:00 Virtual Tours of China – Part 1 with Kevin and Gloria (VP) Souvenirs available for sale \$ 3:00 Golf Simulator Drop in (VL) 3:45 Ordering Library Books (ML)</p>	<p>9</p> <p>10:00 V!VAfit Sit – Channel 398 10:00 V!VAfit Sit & Stand (ML) Max 18 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Step-by-Step Gnome painting with Bec (CK) 7:00 Saturday Night Movies (VP)</p>
<p>10</p> <p>9:30 Catholic Mass Channel 398 10:00 Marshall Memorial Service Channel 398 10:15 Hymn Sing with Martin (ML) 2:00 Manicures in the Mariposa Spa 7:00 Sunday evening Movies (VP)</p>	<p>11 Thanksgiving</p> <p>9:15 V!VAfit Studio 1:1 training 10:00 V!VAfit Sit (ML) 10:30 V!VAfit Sit & Stand – Channel 398 2:00 Turkey BINGO (ML) 3:15 Thanksgiving Turkey Hunt (ML) 3:15 Knit & Stitch (HR) 7:00 Disney’s Aladdin: The Play Channel 398</p>	<p>12</p> <p>9:45 Relaxing Yoga with Tricia– Channel 398 10:00 V!VAfit Balance (ML) 10:00 V!VAfit SwimFUN Class(P) 10:30 St. Ann’s Parish Communion Service (VP) 2:00 Baking Pumpkin Cheesecake (CK) 3:00 Food For Thought & Program Planning Meetings (ML) 3:00 Happy Hour (PP) \$ 3:15 Drumfit (ML) 7:00 Biography – Hank Williams Channel 398</p>	<p>13</p> <p>10:00 V!VAfit COMBO (ML) 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Outing to Value Village for Costume ideas and drop off used clothing ✓ 🚐 \$ 2:00 Mini Series: The Crown (VP) Max 10 3:30 Reminisce with Krishanthi on the Piano (L) 7:00 Saxon Gold: New Secrets Revealed – Channel 398 7:15 Word Games with Jess (ML)</p>	<p>14 National Dessert Day</p> <p>10:00 V!VAfit Wheel of Fitness 10:15 BMO Bank and LCBO 🚐 \$ 10:30 V!VAfit Sit – Channel 398 2:00 “The Perfect Crust” (CK) - RSVP Donna @413 2:00 BINGO (ML) 3:00 Happy Hour (PP) \$ 3:00 Better Balance Circuit 1:1 3:15 Travel Log – Uzbekistan Asia - Channel 398 7:00 Netflix Movie (VP) 7:00 Euchre with Emily (PP)</p>	<p>15</p> <p>9:15 V!VAfit 1:1 training (VS) 10:00 V!VAfit Strength (ML) Max 18 10:30 V!VAfit COMBO Channel 398 2:00 Good Samaritans Giveback (CK) 3:00 Golf Simulator Drop in (VL)</p>	<p>16</p> <p>10:00 V!VAfit Sit – Channel 398 10:00 V!VAfit Sit (ML) Max 18 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Corn Hole / Ladder Ball (ML) 2:30 Bob Reid on the Piano – come see this amazing talent (L) 7:00 Saturday Night Movies (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 9:30 Catholic Mass Channel 398 10:00 Marshall Memorial Service Channel 398 10:15 Hymn Sing with Martin (ML) 2:00 Wheel of Fortune (ML) 7:00 Sunday evening Movies (VP)	18 9:15 VIVAfit Studio 1:1 training 10:00 VIVAfit Sit & Stand (ML) 10:30 VIVAfit Sit & Stand – Channel 398 2:00 BINGO (ML) 3:15 Knit & Stitch (HR) 7:00 Beethoven 9: The Chicago Symphony Orchestra Channel 398	19 9:45 Relaxing Yoga with Tricia– Channel 398 10:00 VIVAfit Balance (ML) 10:00 VIVAfit SwimFUN Class(P) 10:30 St. Ann’s Parish Communion Service (VP) 11:00 VIVA Values Mental Health Series – Why Movement is the Best Medicine (VP) 2:00 Town Hall Meeting (ML) 3:00 Happy Hour (PP) \$ 3:15 Bocce (ML) 7:00 Biography – Dorothy Dandridge - Channel 398	20 10:00 VIVAfit COMBO (ML) 10:30 VIVAfit Wheel of Fitness – Channel 398 2:00 Mini Series: The Crown (VP) Max 10 1:15 Shopping at Walmart (E) ✓ 🚗 \$ 2:00 Shopping at Walmart (E) ✓ 🚗 \$ 3:15 Golf Simulator Drop in (VL) 7:00 Icelandic Super Dam Channel 398 7:15 Games Night with Jess (ML)	21 10:00 VIVAfit Wheel of Fitness (ML) 10:30 VIVAfit Sit – Channel 398 2:00 BINGO (ML) 3:00 Happy Hour (PP) \$ 3:00 Better Balance Circuit 1:1 (VS) ✓ 3:15 Drumfit (ML) 3:15 Travel Log – Germany Channel 398 7:00 Netflix Movie (VP) 7:00 Euchre with Emily (PP)	22 9:15 VIVAfit 1:1 training (VS) 10:00 VIVAfit Strength (ML) 10:30 VIVAfit COMBO Channel 398 11:00 Lunch Outing - Legends Taphouse & Grill and Shopping at Mary Maxim ✓ 🚗 \$ 2:30 Billiards and Shuffleboard (PP)	23 10:00 VIVAfit Sit – Channel 398 10:00 VIVAfit Sit & Stand (ML) Max 18 10:30 VIVAfit Wheel of Fitness – Channel 398 2:00 Wii Sports (VP) 2:15 Sing Along with Mahima (L) 7:00 Saturday Night Movies (VP)
24 9:30 Catholic Mass Channel 398 10:15 Hymn Sing with Martin (ML) 10:00 Marshall Memorial Service Channel 398 2:00 Fall Mason Jar Craft (CK) 7:00 Sunday evening Movies (VP)	25 9:15 VIVAfit Studio 1:1 training 10:00 VIVAfit Sit (ML) 10:00 Creative Art with Michelle (CK) ✓ 10:30 VIVAfit Sit & Stand – Channel 398 2:30 CM Birthday Party (ML) with Entertainer Tricia Cole Everyone invited! 3:15 Knit & Stitch (HR) 7:00 Most Popular Song Each Month: 60s Channel 398	26 National Pumpkin Day 9:45 Relaxing Yoga with Tricia– Channel 398 10:00 VIVAfit Balance (ML) 10:00 VIVAfit Swim FUN Class(P) 10:30 St. Ann’s Parish Communion Service (VP) 1:00 Shopping – The Coach Pyramid ✓ 🚗 \$ 2:00 Great Pumpkin Painting Social (ML) 3:00 Happy Hour (PP) \$ 7:00 Biography – Denzel Washington Channel 398	27 9:15 VIVAfit 1:1 training (VS) 10:00 VIVAfit COMBO (ML) 10:30 VIVAfit Wheel of Fitness – Channel 398 2:00 Mini Series: The Crown (VP) Max 10 2:00 Manicures - Mariposa Spa 3:30 Reminisce with Krishanthi on the Piano (L) 7:00 Incredible Insects on Channel 398 7:15 Bingo with Jess (ML)	28 10:00 VIVAfit Wheel of Fitness (ML) 10:30 VIVAfit Sit – Channel 398 1:15 Shopper’s Drug Mart ✓ 🚗 \$ 2:00 Shopper’s Drug Mart ✓ 🚗 \$ 3:00 Happy Hour (PP) \$ 3:00 Better Balance Circuit 1:1 (VS) ✓ 3:15 Travel Log – Austria Channel 398 7:00 Netflix Movie (VP) 7:00 Euchre with Emily (PP)	29 9:15 VIVAfit 1:1 training (VS) 10:00 VIVAfit Strength (ML) 10:30 VIVAfit COMBO Channel 398 2:15 Halloween Spooktacular Party – Dress to impress – prizes awarded for costumes – Entertainer Timothy Clarke 	30 10:00 VIVAfit Sit – Channel 398 10:00 VIVAfit Sit (ML) Max 18 10:30 VIVAfit Wheel of Fitness – Channel 398 2:00 Halloween Themed Bingo (ML) 7:00 Saturday Night Movies (VP)

31 Happy Halloween!
 9:30 Catholic Mass Channel 398
 10:00 Marshall Memorial Service Channel 398
 10:15 Hymn Sing with Martin (ML)
 2:00 Giant Crossword (ML)
 7:00 Sunday evening Movies (VP)

Join us for a Ghoulish Good time at our Annual Halloween Spooktacular Party.
 When: Friday, Oct. 29th
 Time: 2:15 – 2:30 Costume Parade
 2:30 – 3:30 with Entertainer Timothy Clarke
 3:30 – 3:45 Halloween Games and Photo Opportunities



HAPPY HALLOWEEN!

